

The Family Flyer



Supporting Military Families
Cape Cod—Southeastern Massachusetts—SE New England



JFHQ Blood Drive

When: TUE March 4th
Time: 10:00am-2:30pm.

Massachusetts

National Guard JFHQ

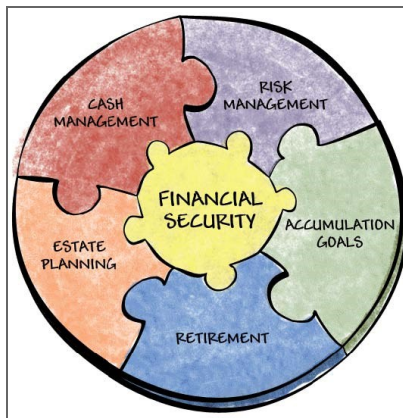
Every donor will receive a FREE
gift, snacks and refreshments.

Financial Planner

When: THU, March 6th
Time: Available by request
Where: 158 Reilly Street,
Rm 262

Schedule your appointment
today to meet with the
financial planner!

POC: [Erin Creighton](#)



Lunch and Learn

When: SAT March 1st
Time: 11:30 a.m.-12:30 p.m.
@ 102IW, Bldg 158, 3rd floor

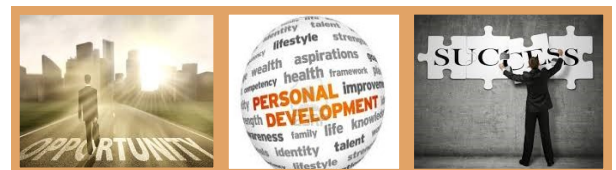
The subject is **Prioritizing:**
Blending the multiple lives of a
Guardsmen. So grab your
lunch and come on up!!!

Career Transition Series

Session 1—THU March 6th

Location: 102IW, Bldg 158, Wing Conference Room

Time: 10 -12



Build a complex inventory of your skills based on your experiences at work,
training you've received and during your personal activities

This series will inventory will be your building blocks to:

- * See more opportunities for which you are qualified
- * Develop resumes which you can more easily adapt for specific jobs
- * Have your "stories of success" for interviews fresh and ready

**Pre-registration is preferred for 102IW members, and required for all others for gate access POC: email [Erin Creighton](#) or call 508-968-4855

***Military personnel and spouses
of all branches are welcome
to attend!!***

It's that time of year.... Tax time

2014 Free Military & Veteran Income Tax Assistance & Asset Building Program

Make you appointments now [HERE](#).

Massachusetts National Guard is proud to offer FREE tax preparation and asset building services again this year. **Open to all branches of military, veterans & families.** Program locations: Cape Cod, Ft Devens, Hanscom ARB, Natick, Newton , Reading, Wellesley, Westover AFB, Worcester

Note: You will be required to download and fill out two forms from the website. You **MUST** come to your appointment with these documents filled out or your appointment may not be honored.



Military One Source Tax Program—H&R Block

This is the same no-charge tax preparation program you may have used in past years.

Eligible to:

- All Active-Duty service members of the U.S. Army, Marine Corps, Navy and Air Force.
- Spouses and dependent children of eligible service member when the service member is deployed
- Medically retired individuals are eligible until 180 days past their End of Tour of Service, retirement date, or discharge date. For more information visit [Military OneSource](#) today!

Turbo Tax

Customized for active duty military and reservists

Get the military tax break you deserve, plus:

- Get guidance for military and civilian income, including combat pay, BAS and BAH
- Get every dollar you deserve—We'll search for all military related expenses, so you don't miss a thing
- Rest assured—If you've completed a PCS, we'll help you determine your state of residence

Get an extra 10% on top of your federal refund with our exclusive bonus*

To get started click [HERE](#).



TaxSlayer

All Active Duty Military can prepare both their Federal and State return for Free with our Military Edition!

- ♦ Live Phone Support*
- ♦ Step by Step Deduction Guide
- ♦ All Major Forms and Schedules*
- ♦ Real Time Tax Refund Calc
- ♦ Unlimited States

To get started click [HERE](#)

"TaxSlayer.com salutes the men and women of the United States Armed Forces, and is honored to perform its patriotic duty by offering this FREE service. "



Great Getaways...

Would you be interested in a Free 4-hour Fishing Trip??

SIGN UP TODAY TO HELP SECURE THE GRANT FUNDING FOR THIS EVENT.

Summer 2014, out of Hyannis, MA

Hyannis Elks is trying to put together a free 4-hour fishing trip out of Hyannis on a Hy-line charter boat! The event would be open to our returning soldiers, including their families. There would be about 30 spots available.

If you are interested please contact SrA Michelle Copeland; 508-968-4854 or [EMAIL](#).



MWR Mohegan Sun Casino Bus Trip!

WHEN: SUN April 6th

The bus will leave from the parking lot of Bldg 5210 (Crosswinds Activity Center)

TIME: Depart at 9:00 a.m. and return at 8:30 p.m.

Cost per seat is \$45.00, no refunds.

All bus riders will be given \$25.00 in vouchers when we arrive at Mohegan Sun.

They are good towards meals in select restaurants in the casino and gambling areas.

Stop by the MWR Admin Office, Bldg 5205, SOON to purchase your seat for this trip! Seats are limited and cannot be held.



Women Veterans' Spring Fling

SAT March 29th from 10AM-2PM

@ MSPP, 1 Wells St, Newton, MA 02459

Welcome in the spring with other women veterans in your community.

There will be door prizes, snacks, free parking, benefits information, networking and more! Woman veterans and their families are welcome!

**There will be children activities.

RSVP: by [email](#) OR call 617-210-5958



Attention 102IW Married Couples

The 102IW Chaplain Staff and Airman & Family Readiness Office invite you to attend a special weekend retreat.



Laugh Your Way to a Better Marriage will be offered to 10 (ten) Wing Couples on **SAT 22 & SUN 23 MAR.**

The location is yet to be determined but space is filling up fast!! If you and your spouse are interested in joining in this fun & useful event don't hesitate - **SIGN UP TODAY!**

This is a no cost event, where breakfast & lunch will be provided along with a hotel room and mileage.

Child care will NOT be provided.

To sign up or for any questions please contact the Chapel Team: 508-968- 4508 or email Chaplain [Dave Berube](#)

For The Kids

Early Education/ Preschool Fair



WHEN: TUE March 4th

TIME: 6:00 p.m.—8:00 p.m.

LOCATION: Falmouth Public Library, 300 Main Street, Falmouth

Join us for Falmouth's Early Education/Preschool Fair! Speak with educators from area preschools and programs (full and half-day preschool centers, public schools, family child care programs, school-age programs, and more). Get information about registrations, curriculum, visiting hours, and more.

*This is a drop-in program sponsored by the Coalition for Children. For more information, call (508) 548 0151 x 172 or [EMAIL](#).

NGAMA 2014 Scholarship Program

Deadline: MON March 31st

The National Guard Association of Massachusetts and The Adjutant General, announce that two \$2,000 scholarships will be awarded to Massachusetts National Guard personnel and their sons, daughters, or spouses.

*You must be enrolled in, or planning to attend a regionally or nationally accredited degree or technical program to apply for this scholarship.

For the application and more details [EMAIL](#) MSgt Rogissart.



FREE Cape Cod Military Family Easter Egg Hunt



WHEN: SAT April 19th

TIME: TBD

The Golf Club of Cape Cod, Ballymeade and the Otis Civilian Advisory Council invite all Cape Military Families to a FREE Easter Egg Hunt at Ballymeade, in North Falmouth, MA.

On hand will be the Easter Bunny, Balloon Artist, Face Painter, and food!

Reserve Your Space Today! Contact email for information or to register [Michelle Copeland](#)

Purple Up! For Military Kids

DATE: TUE April 15th

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment." In celebration, we invite you to join us for the 4th annual Purple Up! for Military Kids. On Tuesday, April 15th, the UMASS Extension 4H Youth Development Program along with the MA National Guard Child and Youth Program is encouraging people across the state to wear purple as a visible way to show support and thank military children in Massachusetts for their strength and sacrifices.

Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue.



Employment Opportunities & Job Search Resources

Transportation Security Officer for Transportation Security Administration

Department Of Homeland Security, Logan Airport, Boston, MA

CLOSES: MON March 10th

Open to All U.S. Citizens and U.S. Nationals. For more information and to apply visit their [WEBSITE](#).

Lowe's

There are '9' seasonal positions available for Kingston, MA

Jobs Available (Reference Numbers): Assembly (21990558), 2 positions in CSA Front End (21989876 & 21989869), Electrical (21990437), Outside Lawn and Garden (21989862), Pro Services Customer Service Associate (21990531), Tool World (21990101), Unload Associate (21990543).

To apply visit the VET Central [WEBSITE](#).

Industrial Communications: Two-Way Radio Installer/Technician

Marshfield, MA

Pay: \$15-17 per hour based on experience.

Excellent compensation and benefit package, full-time, year-round work.

For more information and to apply visit their [WEBSITE](#).

Cape Cod Five to host workshops for small business owners



The Cape Cod Five Cents Savings Bank will host a series of workshops in March and April to provide local business owners with useful skills to run their small businesses smarter, faster and more safely. The workshops, "Money Smart for Small Business," will be conducted at the Cape Cod Five Sandwich branch in partnership with Coastal Community Capital.

Experts from both the Bank and from within the community will conduct eight workshops using a curriculum developed by the Federal Deposit Insurance Corporation and the U.S. Small Business Administration. Topics range from record keeping and tax planning to insurance and human resources. Space is limited. To register and for more information go to www.CoastalCommunityCapital.org or call 508-362-3755.

The workshops will be held most Tuesdays, starting March 4 through April 29, from 9 to 11 a.m. The Cape Cod Five Sandwich branch is located at 85 Route 6A.

Do you enjoy math or science? Discover a Rewarding Career in the Growing Biotechnology Industry!

INFORMATION SESSION;

WHEN: WED March 26th at 10:00am

LOCATION: Quincy Career Center, 152 Parkway, Quincy, MA 02169

The JVS Bridges to College program's Biotechnology pathway is a FREE 23-week college preparatory program. The program is designed to help students transition into a college level 8-month Biotechnology and Compliance Certificate program.

For more information please contact [EMAIL](#) Cindy or call 617-399-3228.

Also, visit their [WEBSITE](#) or [FACEBOOK](#).



Work Hard, Play Hard!

All who possess a License to Carry Class A Firearms!

There are '8' full time positions available for Joint Base Cape Cod/Otis ANGB in Bourne, MA

Send applications to [Juli J. LaMotte](#) and [Michael Kelley](#)

Making Your Money Work for You!

WHEN: TUE March 11th from 12:00 p.m.—12:45 p.m.

WHERE: Hanscom AFB, Building 1505 Room E130B

This Lunch & Learn event is designed to help set goals and give you the resources you need to build a solid financial foundation; Creating a budget, establishing financial goals, debt reduction options & preparing for next year.

Register by March 9! Call 781-698-2291 or visit their [WEBSITE](#).



FREE Interviewing & Selling Yourself Seminar

WHEN: WED March 12th from 1:00 p.m.—3:30am

LOCATION: Middleborough Public Library

Are you open to new ideas and the latest techniques for interviewing?

Learn How to Hit the “Bulls Eye” Without Looking

FACT:

There are plenty of jobs and plenty of candidates...so what is the real problem?

The interviewer/company has a “Buying” system and it is a good one! The candidate might be very well qualified, however, if the candidate does not utilize a systematic interviewing/selling system, they unknowingly will default to the interviewer’s “Buying” system and your ability to gain employment diminishes greatly. You become an “Un-Paid” consultant!

FACT:

People who practice improve, people who don’t, don’t 80% of success is showing up Contact Networking Support Plus for seat reservations .

RSVP with Mike Kelley 508-946-

Edge4Vets Workshops

WORKSHOP 1: February 28 ; **WORKSHOP 2:** March 7 ; **WORKSHOP 3:** March 28

WHERE: UMASS-Lowell Inn and Conference Center, 50 Warren St, Lowell, MA.

TIME: 11:00 a.m.—2:00 p.m.



Edge4Vets offers three 3-hour workshops in February and March to help student/veterans translate their

military strengths into “tools” for a range of Life Sciences careers - from pure science to business.

All who complete the free 9-hour workshop series will receive a guaranteed interview for an internship with one of our Life Sciences partners.

RSVP soon, contact [Janine Wert](#), UMASS-Lowell Veteran Coordinator.

Register Today at
www.mass.gov/treasury/operationmoneywise



SATURDAY MARCH 22, 2014
MASS BAY COMMUNITY COLLEGE
50 OAKLAND STREET
WELLESLEY

This is a **FREE** one-day personal finance event for
servicemembers, veterans and their families.

Class Topics:

Dealing with Debt
Budget & Goal Setting
Retirement
Higher Education

Healthcare
Money & Disability
Home Buying
Career Counseling

CONTINENTAL BREAKFAST COMPLIMENTARY CHILDCARE* DOOR PRIZES LUNCH

**ages 3-8 yrs old*

Presented by the Massachusetts Financial Literacy Trust Fund and
the Office of the Massachusetts State Treasurer in partnership with:



ISFAC
Massachusetts Inter-Service
Family Assistance Committee



MASSBAY
COMMUNITY COLLEGE
Your dreams. Our mission.

Questions? Contact Sheila O'Loughlin, Financial Education Coordinator,
at (617)367-9333 x 615 or fltf@tre.state.ma.us

Events to Look Out For

Next Week @ the Plymouth Career Center

To register for a workshop, seminar or event call 508-732-5300

MON 03:

Resume Review by appt
Introduction to PCs 1:30-3:30

TUE 04:

Mature Worker Job Search Tips
10:30–12:30
Financial Tips During Hard Times I
1:00–3:00

WED 05:

Excel Basic 9:30–12:30
Massasoit Information 10:00–12:00
Linked-In (Advanced) 1:00–4:00
Boston South Women's Employment Network 1:00–3:00

THU 06:

Intro to MassCIS 1:30–3:00

Beehive Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

Open to:

Military families of all branches,
with children

AND

whose unit or home
is on Cape Cod



POC: Michelle
508-968-4846

Cage FX: Mixed Martial Arts

20 FIGHTS = \$45.00. Call: Lynne 774-238-1113 for tickets.



Galley Menu @ Air Station Cape Cod

01 & 02 MAR

Cost: \$5.65

Breakfast & Lunch

	SATURDAY 01/03/14		SUNDAY 02/03/14	
	Breakfast 0700-0900	Brunch 1030-1215	Dinner 1645-1750	
Saturday	EGGS TO ORDER	GYROS	BEEF STEW	319/6
	HASHBROWN PATTIES	CHICKEN GYROS	STEAMED RICE	237/9
Sunday	WAFFLES	ZESTY ROASTED POTATOES	BROWN BUTTER BISCUITS	70/3
	GRILLED BACON/TURKEY BACON	SAUTEED ZUCCHINI	FRESH GRILLED VEGETABLES	♥
Saturday	FRESH FRUIT	Breakfast Bar	Tossed Salad	♥
	Juice, Milk, Coffee, Hot Cocoa	Tossed Salad	BROWNIES	325/5
Sunday	Dry Cereal	BROWNIES	POULTRY GRAVY	95/6
		TORTELLINI SALAD		
Saturday	EGGS TO ORDER	TURKEY CLUBS	HONEY GLAZED HAM	385/14
	SHREDDED HASH BROWNS	SWEET POTATO FRIES	POTATOES AU GRATIN	220/4
Sunday	PANCAKES	CUCUMBER SALAD	STEAMED SPINACH	♥
	SAUSAGE PATTIES/TURKEY PATTIES	STEAMED BROCCOLI AND CARROTS	DINNER ROLLS	120/3
Saturday	FRESH FRUIT	Breakfast Bar	Tossed Salad	♥
	Juice, Milk, Coffee, Hot Cocoa	Tossed Salad	LEMON POUND CAKE	480/16
Sunday	Dry Cereal	LEMON POUND CAKE		

Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA



Requests to be
added or removed
from this
distribution list
may be sent
directly to [Erin](mailto:erin.creighton@ang.af.mil).

Erin Creighton
Program Manager
102IW/ A&FRPO
156 Reilly St Box 70
Otis ANG Base, MA 02542
Phone: 508-968-4855
Fax: 508-968-4846
erin.creighton@ang.af.mil

THE AMAZING FAMILY PROGRAM RACE

"Route to Resiliency"

28-30 March 2014

2014 Massachusetts National Guard Family Program
Volunteer Workshop

FREE training weekend. Make stops along the way to network,
train, and learn how to navigate the multiple Family Program
Resources. POC: Lisa Potito 508-233-7231.

Southbridge Hotel & Conference Center
14 Mechanic Street
Southbridge, MA 01550

Music Benefit Concert for Our Veterans

WHEN: SAT March 8th

TIME: Starts at 4:00 p.m.

COST: \$10 Cover at the Door

LOCATION: At Club Jillian's

315 Grove St, Worcester



Also one stage:

Ricky Duran

Dana Lewis

Far From Eden

Big Random

Featuring Backlash



PHISING ATTEMPT - Thrift Savings Plan

Be advised there is a
Phishing email scam that
concerns the Thrift
Savings Plan (TSP).

Please be aware of any emails to any of
your .gov or personal email accounts asking
for your TSP information.

The "real website" is [HERE](#).

If you need to go to the TSP website, please
do so by typing the correct URL directly into
the web browser. Do not select the link
included in any attachments. The TSP website
has helpful information how to identify legiti-
mate TSP communications and to detect
bogus websites [HERE](#).



FREE Movies

To find out
[what's playing](#)



Roxy Theater

Movie Line: 508-968-6452
www.mwrcapcod.com



This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.